

A GUIDE TO SUPPORT YOUNG PEOPLE IN FINDING THEIR INNER CONFIDENCE



TELL ME AND I FORGET
TEACH ME AND I REMEMBER
INVOLVE ME AND I LEARN



These pages are designed to help an adult to support any child, teen or young person who is struggling to find their inner calm and confidence.

Included within this resource is information for the adult, worksheets for the child to complete as well as ideas to use at home.

The best way to use this resource is to begin at the beginning and work through the contents

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Positivity Postcards

Shinning my unique light on the world

It is natural to compare ourselves and brilliant to be inspired by others but it is so important to **know who you are and that you are enough!**

If we are not careful we can wish our lives away trying to be more like someone else. By taking time to think about ourselves and connect with the inner you; your beliefs, your values, your strengths and goals, you can begin to see just how special you are, and how much you have to offer the world.

When we live our lives being ourselves, we are at our happiest ...we call this **authenticity**.

I will
Shine my
Unique
Light on
the
World

I am good at
maths, handwriting, dancing,
looking after pets, football,

I believe I can make a difference to
the world, make a difference to how other people
feel, learn anything, I can grow my brain, grow my
confidence, do great things

I am brave, resilient, Shy, quiet, thoughtful, happy, hardworking, kind, loving,
caring, intelligent, ambitious, awkward, funny, daft

I try to be calm, give my best, be kind, be productive, be motivated,
be grateful, give my best, make others feel comfortable, be patient, be a
good friend, stay focussed

I learn how to be my best self from role models
(name), friends, parents, teachers, headteacher, scout leader

I am cared for by my mum, dad, friends, Nanna, puppy, cousins,
home, family, nature, horses, my body

I am grateful for friends, school, my breath, food, warm and safe

I can read, write, ride a bike, say my
timetables, skateboard, ride a horse, juggle, bake

I love listening to music,
dancing, doing gymnastic,
playing on my X-Box, painting,
playing chess, reading

Complete the sunrays on the following page to help you connect with who you are.

★ “I CAN’T THINK OF ANY BETTER REPRESENTATION OF BEAUTY THAN SOMEONE WHO IS UNAFRAID TO BE HERSELF.” ~ EMMA STONE ★

I am good at

I believe I can

I am

I try to

I learn how to be my best self from

I am cared for by

I am grateful for

I can

I love

I will
Shine my
Unique
Light on
the
World

The L.E.A.R.N. Approach

A guide to supporting your child in developing a resilient and independent approach to learning

When your child is showing frustration, resistance or apathy towards learning following the L.E.A.R.N. strategy is key. The word 'learn' reminds us that we are not stepping into teacher mode; advising or instructing. It is a time to listen, empathise, gently question and help to mindset shift. L.E.A.R.N. stands for;

L = LISTEN – Be still and silent. Make good eye contact and have open body language.

E = EMPATHISE - Enter into the headspace of your child, "I hear what you are saying."

A = ACCEPT – It is okay not to be okay. I can hear that you are feeling frustrated, upset, helpless ...

R = REFRAME- Mindset shift. Using affirmations to empower your child.

N = NAVIGATE- Time to question. Helping your child to take responsibility.



LISTEN – Allowing your child to be fully heard is the first stage in mindset shifting. Avoid trying to fix the problem, make suggestions or question. Sit comfortably, nod kindly and listen to the difficult situation they found themselves in.

EMPATHISE - By entering into your child's headspace in a calm, reassuring and non-judgemental tone you will help to calm the inner chimp that is sending your child into fight or flight.

“ Oh Yes, that does look tricky
I know what you mean
I understand I how you must be feeling

I hear what you are saying, that is challenging
I remember when I [share a time when you struggled]
You won't be the only one that is finding this a struggle

”

ACCEPT - Empathising will help your child to move into ACCEPTANCE. Accepting the situation as it is. For your child to be able do this, it is important that you too accept the situation. During the acceptance stage label your child's feelings for them. "I can hear that you are feeling (frustrated, alone, anxious..) and that's okay." The feelings your child is having in this moment are perfectly normal and these feelings are okay to have. They are simply messengers. It is how much we let our feelings drive us forward or hold us back that matters. During the acceptance stage you are helping your child to ...

- begin to feel okay with not being okay right now
- understand that we need to challenge ourselves in order to grow
- know that struggle is a part of the learning process
- feel reassured, safe, connected and not alone



REFRAME - Having accepted the situation as it is, and a calm mind is resumed your child is now ready to REFRAME their thoughts. With your child follow this reframing process

- Ask the young person to view the phrases on the 'Your Mindset Matters' affirmation handout
- Choose a 'best fit' statement
- Repeat 3 times, saying the phrase as if you mean it!
- Write it out and place it in front of you. Repeat, repeat, repeat.

During this stage you are aiming to see a shift in energy into the positive. If this is not evident then more time should be spent going over the first 3 stages. The science says it takes 21 days to form a new neural pathway if you repeat your phrase regularly. Say it, feel it, believe it, be it!

NAVIGATE

– It is now time to begin to ask your child questions in order for them to begin to take responsibility for finding the solution to problem they find themselves in. We are still not providing the answers (as tempting as it is). Your child should be feeling more empowered in order to problem solve the situation. Your child is 10 times more likely to take action if they have come up with the solution themselves. The only help you may want to give at this stage is to write down some of your child's responses to the questions you pose.

Questions you can ask.

- What do you think you could do now?
- What would your teacher suggest?
- How would you feel if you had another go and it went right?
- Could anyone help you?
- Which part do you need help with?
- What did you do last time you were in this situation? What were the results of that?
- If you had more time what would you do?
- What would someone do who was really patient in this situation?
- What would (name of a friend/relative) tell you to do?
- What would you tell a friend to do?
- If you were feeling at your most (motivation/positive/happy) what would you do?



Try not to rush your child forward with taking action too soon. Read back some of the suggestions that your child came up with. Try hard not to add your own. Ask your child which idea they would like to try. ***IMPORTANT*** Even if your child does not choose the option you think is the best allow them to go with it. It is all about your child feeling empowered by having the ability to problem solve for themselves. They can always come back to the list after a failed attempt.

In some cases you may still face resistance from your child and be given very negative responses to all of your questions. If this is the case **CALMLY** state that, “there are always answers to every problem, but it seems that you are unable to find the answer **YET!**” and **walk away**. You cannot always make your child's world a happy place and this is important for you, as a parent to accept. Walking away gives your child time to ponder the fact that you do not have the power to magic all their problems away. You may have to go back and begin the L.E.A.R.N. process again after allowing your child to go through another phase of frustration or reflection.

The L.E.A.R.N strategy may feel a lengthy process at first, but with practise your child will become skilled at using the calming, reframing and navigating process for themselves. The power of mindset shifting will become a life-long skill building that all important **RESILIENCE** for navigating life's ups and downs.

“I CAN'T THINK OF ANY BETTER REPRESENTATION OF BEAUTY THAN SOMEONE WHO IS UNAFRAID TO BE HERSELF.” ~
EMMA STONE

MINDSET MATTERS WHEEL

When we begin to tap into our thoughts around a particular limiting belief we have about ourselves we can see how these thoughts are impacting on the way these thoughts are holding us back and fuelling our negative belief.

For example if you had the belief that you were rubbish at a particular subject in school your Mindset would flow something like the example below. (Please can these words be put on the wheel) The wheel also relates to our social development too and would begin with thoughts like, "nobody likes me."

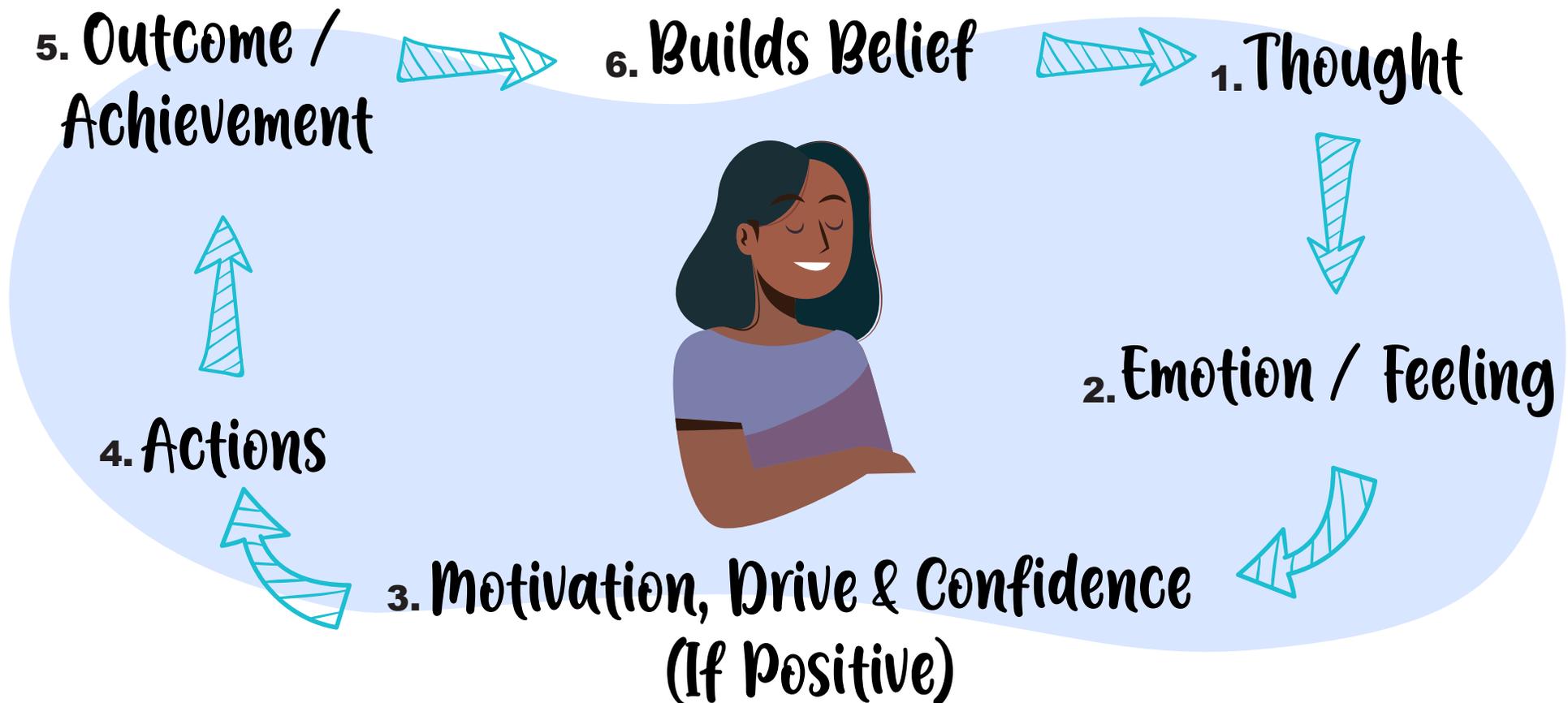
Thought – I can do, It always goes wrong, I'll fail, I'm stupid

Feeling – Upset, helpless, frustrated, Low motivation and lack of focus

Action – Slow, asking for help before trying, getting angry, daydreaming

Outcome – Missing playtime, little or no learning, disappointed teacher

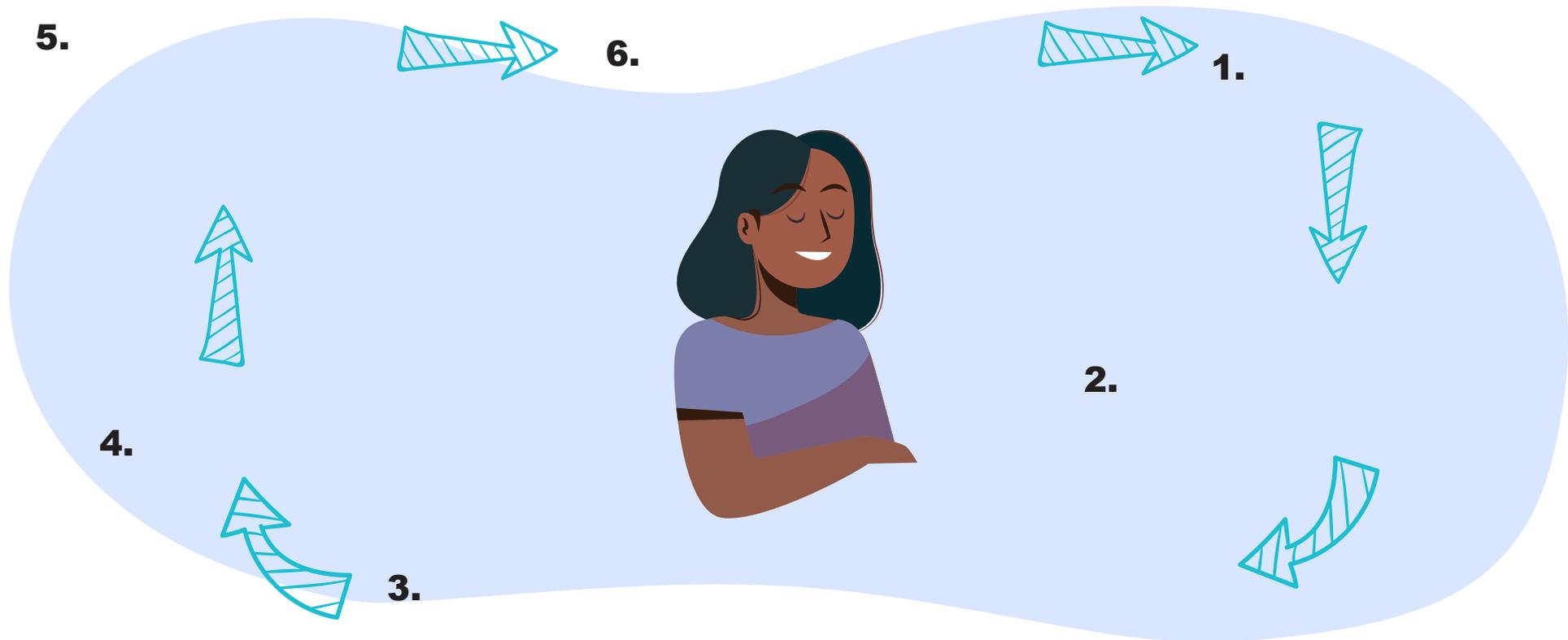
Belief – "Told you so.. I'm no good at"



MINDSET MATTERS WHEEL

Print off a few of these!

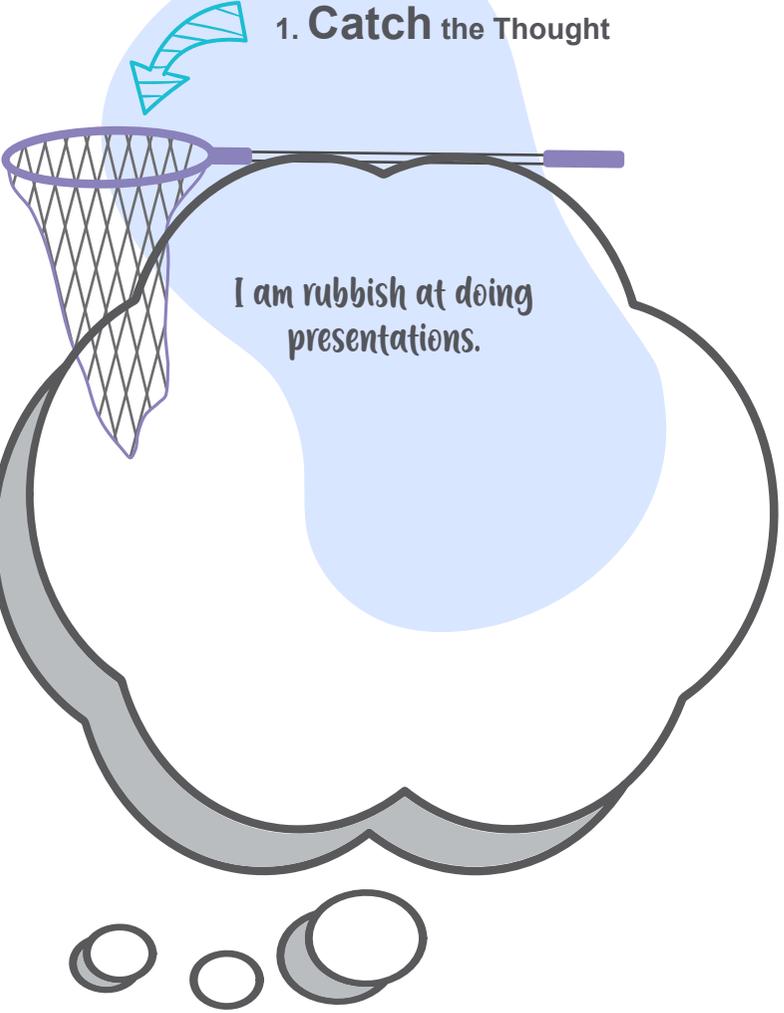
Think about a belief you hold about yourself that is holding you back in some way and fill in the Mindset Matters Wheel. Now complete the thought detective sheet. When you have done this check out some of the thought statements on the 'A Confident ME Affirmations'.



THOUGHT DETECTIVE

Use The Three C's Method

1. Catch the Thought



I am rubbish at doing presentations.

2. Collect Evidence

What evidence do I have that makes me believe this is true?



My body shakes before I speak.
People will laugh at me.
I will forget what to say.

3. Challenge the Thought

- Dig deeper – Why do these things happen to me?
- Is it just my perspective? Could there be another way of looking at it?
- Is it my inner voice of self-doubt taking over?

My body shakes

This is because this is challenging me.

People will laugh at me

I don't know that this will happen. If they do I will be okay.

I will forget what I have to say

I will use strategies to keep me calm that helps my memory.

4. Reframing My Belief

What positive affirmations can you use?
How can I change my inner self-talk to help change my belief?

I am brave, I am calm, I can get better at presenting, the more I do it, the more comfortable it feels. Presenting is something I am working hard on.

MINDSET TRACKER

Over the next week notice how your thoughts about any negative situations you find yourself in impact on your feelings and behaviour. Try not to judge yourself on this, simply notice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thoughts							
Feelings							
Behaviour							

A CONFIDENT ME AFFIRMATIONS

1. Today is a great day

2. I am capable, and I can do this.

3. Today I will try hard

4. I have grit and **I don't quit**

5. I love to learn from my mistakes

6. **I am determined**

7. I ask for help when I need it

8. I can learn the skills to work this out

9. I am proud of how hard I am working

10. I am happy to push myself outside of my comfort zone

11. **Challenges help me grow**

12. My positive attitude makes a big difference

13. I take a break when I get tired **but never quit**

14. **I always try my best**

15. I am safe, I am calm, it will be okay

16. I am **loved**

17. I am strong

18. I have other great friends

19. **I can get through this**

20. Let it go

“ONE SMALL POSITIVE THOUGHT IN THE MORNING CAN CHANGE YOUR WHOLE DAY”

“Make this day **YOUR** masterpiece..”

Take the affirmation you need today ...

I am brave

I am calm

I am happy

I am strong

I am enough

I am loved

I am beautiful

I am unique

I am ME

I am confident

I am relaxed

I am creative

I am grateful

I am safe

I am okay

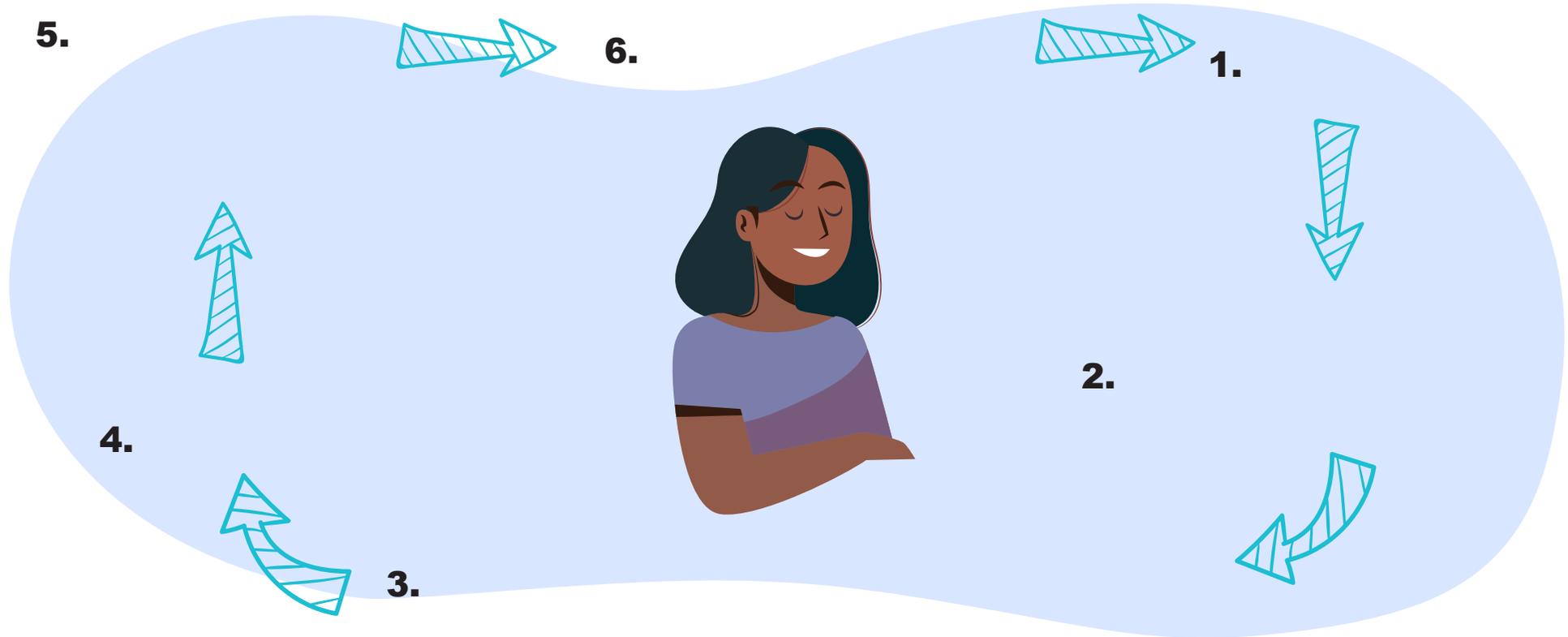
I am positive

I am worthy

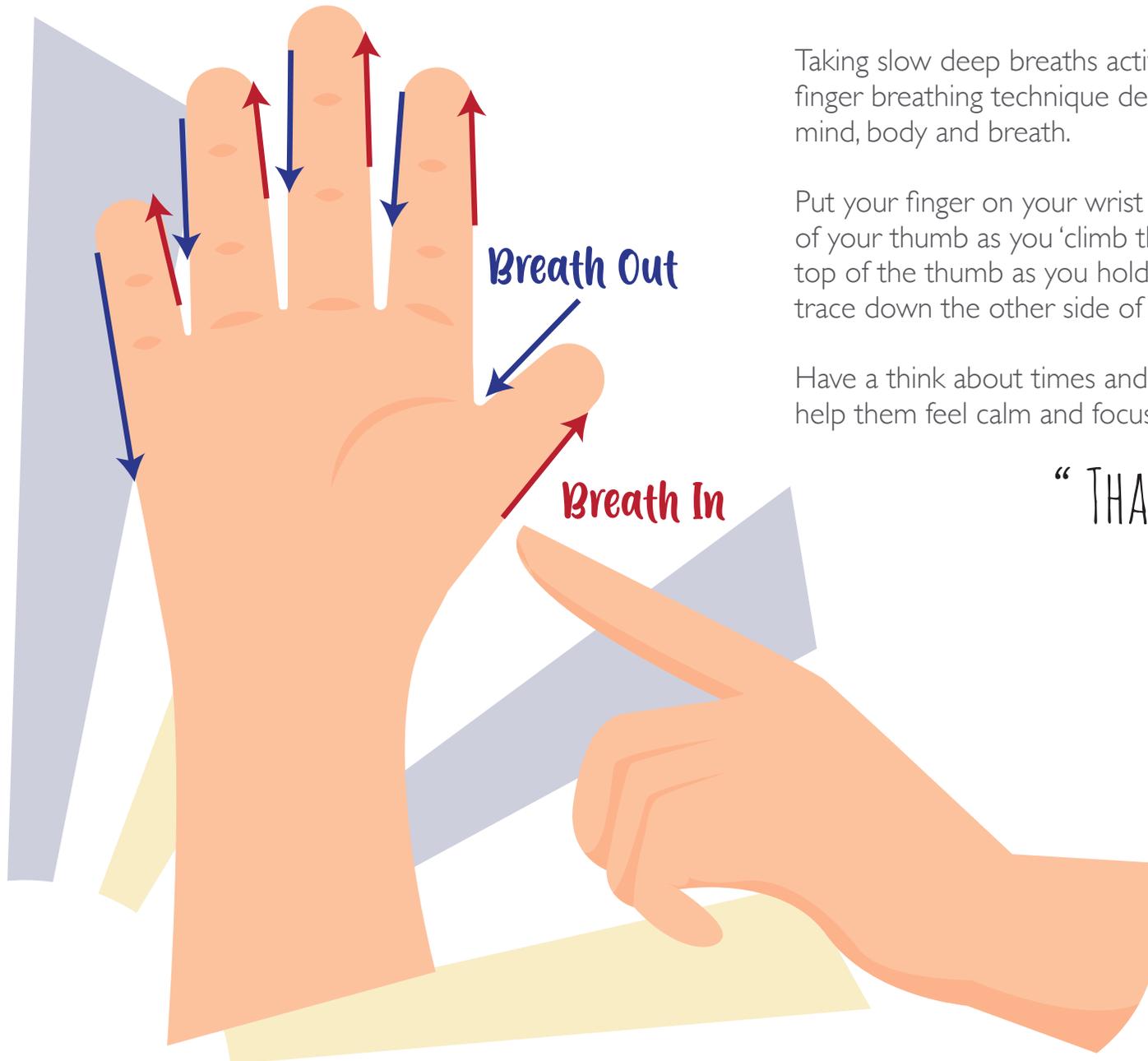


'A NEW ME' – MINDSET MATTERS WHEEL

On this Mindset Matters Wheel write on your new thoughts. How are these going to create a new way of feeling, drive, action and outcome? Fill in a 'new you' Mindset Matters Wheel.



5 FINGER BREATHING



Taking slow deep breaths activates the body's calm response. Use the 5 finger breathing technique described below to restore calm, by focussing the mind, body and breath.

Put your finger on your wrist at the base of the thumb. Move it up the side of your thumb as you 'climb the mountain' as you inhale, take a pause at the top of the thumb as you hold your breath. Then super slowly with control, trace down the other side of the thumb. Repeat tracing round each finger.

Have a think about times and scenarios you might use this in your life to help them feel calm and focused.

“ THAT BREATH THAT YOU JUST TOOK...
THAT'S A GIFT.”



MY PERSONAL RESCUE PLANNER – IT'S OKAY NOT TO BE OKAY!

We ALL have times when we feel overwhelmed, it is part of being human! Being able to recognise when this is happening to you and respond to yourself with self-compassion is key.

Having a plan in place in how you can best look after yourself is really helpful, as in the moment we can struggle to think what is best for us.

Ideas for your Personal Plan

- Listen to music
- Read a book
- Write about how you feel (Journal)
- Talk to or message a friend
- Think about things you are grateful for or looking forward to
- Walk outside (notice nature)
- Yoga
- Talk to yourself as you would your best friend
- Breathing (five finger technique)
- Draw sketch or doodle
- Watch something you love
- Close your eyes and visualise your happy place
- Do something you love (hobby)
- Meditate (use an app)
- Have a relaxing bath
- Know that this will pass

MY PERSONAL RESCUE PLAN

My top 5 ways to feel calm when I feel overwhelmed.



CIRCLE OF CONTROL

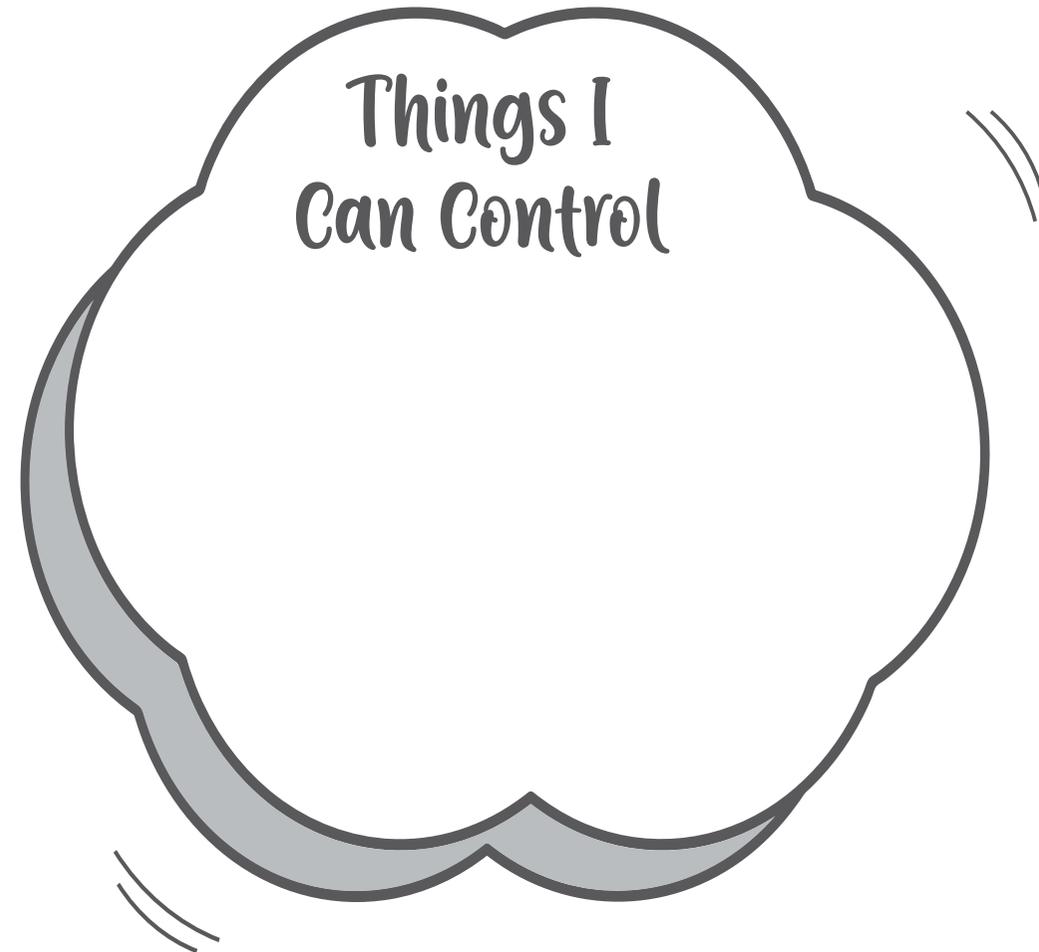
Write down the problem you need to navigate forward from.

What are the things that are within your control and the things that are out of your control? Write them down here.

Use the next page to help you decide what areas that are within your control that you need to focus on in order to grow from this tricky situation.

Work on 'LETTING GO' of the things that are out of your control.

Things I Cannot Control



NAVIGATE - CIRCLE OF CONTROL

By identifying the aspects of the problem/challenge/worry that is within our control we can focus in on ways to move forward and feel empowered to take action.

Your Words

Whether you ask for help or not

How well you listen to others

How honest you are

How often you say 'I love you'

Your manners

How clear you were at explaining your feelings

Your Health

Which foods you eat

How much exercise you get

How clean you are

How much quality relaxation time you get

How much sleep you get

Your Effort

How hard working you are

How well you plan your time

How often you try something new

How tidy you are

How much you keep in touch with people

Your Behaviour

How quickly you try again after you have failed

How kind you are

How often you smile

Knowing when to walk away when something has annoyed you

Your Thoughts

How you interpret a situation – Do you see the good or mostly the bad?

Knowing when to let go of the things that are out of your control

How much you think about and appreciate what you have right now

Whether or not you judge people

How you make other people feel

Your Beliefs

How much you believe YOU CAN

How kind you are about yourself

How much information you get before making a decision

How much of what other people say you believe

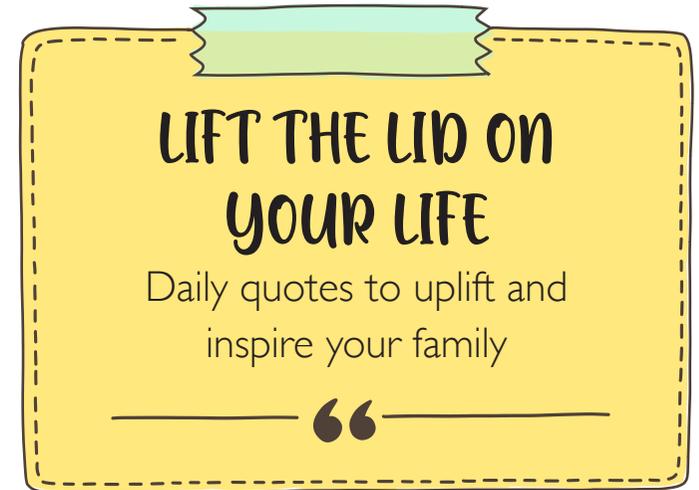
FAMILY POSITIVITY JAR

How to make a Family Positivity Jar

Stick the label right on an empty jam jar, decorate it with gems, stickers and ribbon.

Cut the quotes below into strips, fold and put into your jar.

Choose a quote a day to inspire all the family, display it, discuss it and make your day count!



“If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.” **Roald Dahl**

“Winning doesn’t always mean being first. Winning means you’re doing better than you’ve done before.” – **Bonnie Blair**

“You’re braver than you believe, and stronger than you seem, and smarter than you think.” **A.A. Milne/Christopher Robin**

“Why fit in when you were born to stand out?” **Dr.Seuss**

“If you think you can or you think you can’t your right” **Henry Ford**

“Life isn’t about waiting for the storm to pass...it’s about learning to dance in the rain” **Vivian Green**

“Yesterday is History, tomorrow is a mystery, today is a gift that’s why they call it the present”

“Life is a journey not a destination”

“Don’t let your dreams be dreams”

“Nothing is particularly hard if you break it down into small jobs.”
Henry Ford

“You must be the change you wish to see in the world.” **Mahatma Gandhi**

“Learn from yesterday, live for today, hope for tomorrow.” **Albert Einstein**

“It always seems impossible until it is done.” **Nelson Mandela**

“Make each day your masterpiece.” **John Wooden**

“All your dreams can come true if you have the courage to pursue them” **Walt Disney**

“Life is not measured by the number of breaths we take, but by the moments that take our breath away.” **Maya Angelou**

“Courage is like a muscle. We strengthen it by use.” **Ruth Gordo**

“We can do no great things, only small things with great love.” **Mother Teresa**

“If you are positive, you’ll see opportunities instead of obstacles.” **Widad Akrawi**

“The first step is you have to say that you can.” **Will Smith**

“Try to be a rainbow in someone’s cloud.” **Maya Angelou**

“Optimism is a happiness magnet. If you stay positive good things and good people will be drawn to you.” **Mary Lou Retton**

you are enough



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YOU CAN DO IT



www.aconfidentme.co.uk

YOU ARE STRONGER & BRAVER THAN YOU THINK

BELIEVE IN YOUR SELF



www.aconfidentme.co.uk



Thank you.



Kristen Robinson



Rachael Ainsworth

If you require any additional support or have any questions please contact 'A Confident ME' team.

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